

TELEHEALTH TIPS FOR HEART VALVE PATIENTS

Many health care professionals are offering telehealth visits as an option for treating patients. Here are tips to get you ready for your telehealth appointment:

 **Make sure you have the needed technology.**

- You'll need a fully charged or plugged-in smartphone, tablet or PC with a webcam and reliable internet connection.
- If you haven't had a video conference on the device before, test it to make sure that the camera works properly and that you're close enough for a virtual face-to-face conversation.



 **Check your insurance coverage.**

Medicare expanded its coverage for telehealth visits, but private insurers' coverage varies. Check with your health insurance provider to see whether a telehealth visit is covered.

 **Choose a quiet, comfortable, well-lit location.**

Make sure you have enough light for your health care professional to see you clearly. It's best to have the light toward your face from a window. If it's behind you, it may create a glare.



 **Optimize your audio.**

Use headphones or earbuds to help make sure you hear clearly and to give you privacy.



Prepare as you would for any other visit.

- Make notes ahead of time about questions and/or issues you want to discuss.
- Be ready to say why you wanted to be seen and your biggest priority for the appointment.
- Prepare a list of your medications and supplements (prescription as well as over-the-counter).



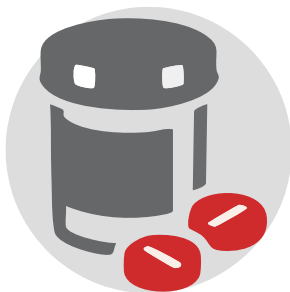
Be prepared to discuss a few items.

- If you have a fever, what's your temperature and has it changed lately? If you have a blood pressure monitor, what's your latest reading? Write down times you had chest pain, shortness of breath or felt lightheaded.
- Consider recording your temperature and weight shortly before your appointment.
- Use our [heart valve symptom tracker](#) to monitor your valve disease.



Make the most of your time together.

Speak clearly, answer the your health care professional's questions as concisely as possible, be ready to make notes about their recommendations, and ask questions if anything is unclear.



Consider other topics you might want to address.

- Your medications, when to take them and how to adjust them, if needed.
- Your meal plan and whether to adjust it.
- Challenges or questions about your care plan.

For more information, go to heart.org/HeartValves.